

The Center for Counseling and Diagnostic Services

Counseling Services

The Center for Counseling and Diagnostic Services, located at California State University, Sacramento, welcomes Sacramento area community members and students for individual, couple and family counseling. We encourage you to use our services whatever your age, ethnicity, cultural background, sexual orientation, marital status or family situation. All counseling sessions are virtual utilizing video chat.

Spring 2021 Group Counseling



Life Post-Pandemic: Finding a New Normal

Life Post-Pandemic: Finding a New Normal, Tuesdays 6:00-7:30pm
April 6- May 11, Closed Group 5 weeks.

The world may be upside down, but you don't have to feel like you are too. Join this group to help process emotions and reactions to our current climate, stressors, anxiety, and depression. This group is designed to create a safe place to process and work through finding our new normal.

Please Register by April 6: [CLICK HERE](#) to register



Self discovery, building coping skills, & mindfulness

Self discovery, building coping skills, and mindfulness,
Tuesdays 2:00-3:30pm April 6-May 11, Closed Group 5 weeks,
Ages 15-18 years old.

Distance learning is difficult, but you are not alone. Have fun with your peers while learning how to cope with the experience of learning in this environment while exploring ways to manage school and build skills while getting to know each other.

Please Register by April 6: [CLICK HERE](#) to register

Scheduling is now open for spring 2021 counseling appointments. Sessions are no-cost and by appointment only. All appointments are virtual. Please visit our website www.csus.edu/center/counseling-diagnostic-services/ and select the **Request for Counseling Services Form** link or give us a call at 916-278-6252